WASHINGTON, DC - Today, Congressman John Adler announced that he voted to block next year's pay increase for Members of Congress. During his first week in Congress, Adler took on this issue by sponsoring a bill that would prevent a Congressional pay raise in 2010, and this week, the House of Representatives approved the provision.

"At a time of record high deficits, Members of Congress do not deserve a pay raise. In this economy, too many families are losing their savings, seeing the price of their home decline and struggling to make ends meet. They are forced to tighten their belts, and it is only fair to ask Members of Congress to do the same," said Congressman Adler, a Member of the House Financial Services Committee.